



PE

At Woodfield it is our intent that the Physical Education element of our curriculum will provide the children with opportunities to take part in regular physical activities. Our aim is to develop the knowledge, skills and capabilities necessary for mental, emotional, social, and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle: it teaches them that to be successful you must work hard, show resilience, have self-discipline and the determination that you can achieve anything.

Our high quality PE lessons, which are delivered by specialist teachers, aim to provide opportunities that inspire all children to succeed in physical activities. Our children are taught how to cooperate and collaborate as part of a team and to understand fairness and equality of play, which will also embed life-long values. This will also be enhanced through the opportunities we provide for all children to engage in extra-curricular activities after school. Within our lessons, children are taught that to be successful they need to take ownership and responsibility of their own health and fitness in an independent and effective way in order to live happy and healthy lives.